

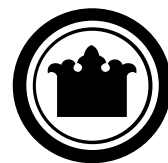
Tahoma Pool

This material is available in alternate formats.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 - 7:30 am	Lap Swim					
7 - 8 am	Water Exercise					
8 - Noon	Lessons					
Noon - 1 pm	Lap Swim & Family Swim*					Lap Swim
1 - 2 pm	Lessons					Family Swim
2 - 3 pm	Public Swim - \$1.85					Public Swim \$1.85
3 - 4 pm	Public Swim - \$1.85					Public Swim \$1.85
4 - 7 pm	Lessons M/W	Lessons T/Th	Lessons M/W	Lessons T/Th	5 - 6 pm Family Swim*	4 - 7 pm Rentals Available
	King Aquatic Club M - F				6 - 7 pm Private Lessons	
7 - 8 pm	75¢ Swim	Public Swim \$1.85	75¢ Swim	Public Swim \$1.85	Public Swim \$1.85	Public Swim \$1.85
8 - 9 pm	Lap Swim				Public Swim \$1.85	Public Swim \$1.85
	Aquarobics	Adult Lessons & Aquarobics	Aquarobics	Adult Lessons & Aquarobics		

* Shallow end only.

- Children under 6 years of age must be accompanied by an adult in the water at all times.
- Family Swims require an adult in the water directly supervising all children under 18 years of age.
- Programs may be changed, combined, or share the pool to assure maximum convenience and pool usage.



King County Park System

Tahoma Pool

18230 SE 240 Street
Kent, WA 98042
Phone: 206-296-4276
Relay: 1-800-833-6388
www.metrokc.gov/parks

Summer Schedule
June 25 - August 31, 2001
Closing July 4 at 4 pm
*Closed Sept 1 - 3 for Labor Day

SUMMER SWIM LESSONS

Mornings

Jun 25 - Jul 6
Jul 9 - Jul 20
Jul 23 - Aug 3
Aug 6 - Aug 17
Aug 20 - Aug 31

Evenings M/W or T/Th

Jun 25 - Jul 26
Jul 30 - Aug 30

Registration begins up to three months before the start of the class. See *Registration Policy*.

FREE PLACEMENT TEST

Placement tests are available Monday - Friday, 6:30 - 7 pm and Saturdays, 1 - 2 pm. No appointment necessary.

PRIVATE LESSONS

Get extra help on a specific skill or just more individual attention. Inquire about instructor availability.

WATER EXERCISE

A one-hour combination water aerobic and water walking drop-in program for men and women. No swimming required.

AQUAROBICS

A whole body workout for men and women guaranteed to help make your whole body low fat, low stress and high energy. Registration is required.
Call 425-883-0475 or 1-800-817-8988.

RECREATIONAL SWIM SCHEDULE

All days, dates, and times are subject to change.

Lap Swimming

M - F 6 - 7:30 am
M - F Noon - 1 pm
M - Th 8 - 9 pm
Sa Noon - 1 pm

Public Swimming

M - Sa, \$1.85 2 - 3 pm
M - Sa, \$1.85 3 - 4 pm
M, W, 75¢ 7 - 8 pm
Tu, Th, F, Sa, \$1.85 7 - 8 pm
F, Sa, \$1.85 8 - 9 pm

Family Swimming

M - F Noon - 1 pm
F (shallow end only) 5 - 6 pm



EXERCISE PROGRAMS

Water Exercise

M - F 7 - 8 am

Aquarobics

M, W 8 - 9 pm
T, Th 8 - 9 pm